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MUSUL SCHOOL OF PERSONAL TRAINING: Overview

Caglar Singletary operates the Musul School of Personal Training in Elmira, New York (14902), offering a comprehensive range of fitness services for both men and women. The school specializes in:

- Strength Building
- Body Building
- Weight Loss
- Rehabilitation
- Yoga
- Pilates
- Aerobics
- Spin
- Taichi
- Kick Boxing
- Body Sculpting
- FitRanX

Training Locations:
Flexible options include home, gym, studio, workplace, and outdoor settings.

Credentials and Affiliations

Caglar Singletary lists an extensive set of certifications and associations, including:

- International Sports Science Association (ISSA): A globally recognized authority in health and fitness education and certification, established in 1988[1].
- International Federation of Fitness and Bodybuilding (IFBB): A leading organization in global bodybuilding and fitness competitions, representing over 200 countries[1].
- Dragon Kenpo Karate Academy: Founded by Ed Hutchinson, this academy specializes in Kenpo Karate, emphasizing discipline, respect, and physical fitness[1].

- Ed Hutchinson: Noted martial artist and founder of Dragon Kenpo Karate Academy[1].
- Chuck Norris: Renowned martial artist and fitness icon[1].
- Various actresses and celebrities, Arnold Schwarzenegger, Selena: These names are cited as influences or associations, though the specific nature of the connection is not detailed[1].
- Colorado Technical University: Listed as an educational background[1].

Program Structure & Pricing Context

While specific pricing for Musul School of Personal Training is not provided, industry standards for personal training programs in 2024-2025 are as follows:

Program Duration	Typical Price Range
4 weeks	$20 – $60
6 weeks	$50 – $500
12 weeks	$100 – $1000

Premium, highly personalized 12-week programs—especially those offering one-on-one coaching, nutrition plans, and ongoing support—are priced at the higher end of this range[1].

Local Fitness Market Comparison

Other Elmira-based options include:

- **Jim’s Gym:** Memberships start at $29/month, with personal training and boxing available. The gym emphasizes a supportive, community-focused atmosphere[2].
- **New York Sport & Fitness:** Offers basic gym memberships at $39/month, with team training and nutrition coaching available at higher tiers[3].

Unique Selling Points

Musul School of Personal Training stands out by offering:

- A broad spectrum of fitness modalities (from yoga and Pilates to martial arts and kickboxing).

- Training in diverse locations to suit client needs.
- Credentials from respected international organizations.
- Experience with both general populations and high-profile individuals.

Summary

Caglar Singletary’s Musul School of Personal Training provides a wide array of fitness services, underpinned by notable certifications and a flexible, client-focused approach. While pricing is not specified, industry benchmarks suggest a 12-week premium program could range from $100 to $1000, depending on the level of personalization and support offered[1]. The school’s diverse specialties and affiliations position it as a comprehensive option for those seeking personalized fitness and wellness solutions in Elmira, NY.

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1. https://wod.guru/blog/how-much-to-charge-for-a-workout-plan/
2. https://jimsgyms.com
3. https://www.nysaf.com